

Topiramate Tablets USP 15mg/100mg Taj Pharma

(Topiramate)

Package leaflet: Information for the patient

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Keep this leaflet. You may need to read it again. If you have any further questions, ask your doctor or pharmacist.

This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4

What is in this leaflet

1. What topiramate tablets are and what they are used for
2. What you need to know before you take topiramate tablets
3. How to take topiramate tablets
4. Possible side effects
5. How to store topiramate tablets
6. Contents of the pack and other information

1. What topiramate tablets are and what they are used for

Topiramate belongs to a group of medicines called “antiepileptic medicines.” It is used:

- alone to treat seizures in adults and children over age 6
- with other medicines to treat seizures in adults and children aged 2 years and above
- to prevent migraine headaches in adults.

2. What you need to know before you take topiramate tablets

Do not take topiramate tablets:

- if you are allergic (hypersensitive) to topiramate or any of the other ingredients of this medicine (listed in section 6).
- for migraine prevention if you are pregnant or if you are a woman of childbearing potential unless you are using effective contraception(see “Pregnancy,breast-feeding and fertility” section for further information). You should talk to your doctor about the best kind of contraception to use while you are taking topiramate tablets. If you are not sure if the above applies to you, talk to your doctor or pharmacist before taking topiramate tablets.

Warnings and precautions

Talk to your doctor or pharmacist before taking topiramate tablets if you:

- have kidney problems, especially kidney stones, or are getting kidney dialysis
- have a history of blood and body fluid abnormality (metabolic acidosis)
- have liver problems
- have eye problems, especially glaucoma
- have a growth problem
- are on a high fat diet (ketogenic diet)
- are taking topiramate tablets to treat epilepsy and you are pregnant or a woman of childbearing potential (see “pregnancy, breastfeeding and fertility”-section for further information)

If you are not sure if any of the above applies to you, talk to your doctor or pharmacist before taking topiramate tablets.

It is important that you do not stop taking your medicine without first consulting your doctor.

You should also to talk to your doctor before taking any medicine containing topiramate that is given to you as an alternative to this medicine.

You may lose weight if you use topiramate so your weight should be checked regularly when using this medicine. If you are losing too much weight or a child using this medicine is not gaining enough weight, you should consult your doctor.

A small number of people being treated with anti-epileptic medicines such as topiramate have had thoughts of harming or killing themselves. If at any time you have these thoughts, immediately contact your doctor.

Topiramate tablets may in rare cases cause high levels of ammonia in the blood (seen in blood tests) which can lead to a change in brain function, especially if you are also taking a medicine called valproic acid or sodium valproate. Since this may be a severe condition, tell your doctor immediately if the following symptoms occur (see also section 4 'Possible side effects'):

- difficulty thinking, remembering information, or solving problems
- being less alert or aware
- feeling very sleepy with low energy

At higher doses of topiramate tablets, the risk of developing these symptoms may increase.

Other medicines and topiramate tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, Topiramate tablets and certain other medicines can affect each other. Sometimes the dose of some of your other medicines or this medicine will have to be adjusted.

Especially, tell your doctor or pharmacist if you are taking:

- other medicines that impair or decrease your thinking, concentration, or muscle coordination (e.g. central nervous system depressant medicines such as muscle relaxants and sedatives).
- birth control pills. This medicine may make your birth control pills less effective.

You should talk to your doctor about the best kind of contraception to use while you are taking topiramate tablets.

Tell your doctor if your menstrual bleeding changes while you are taking birth control pills and topiramate.

Keep a list of all the medicines you take. Show this list to your doctor and pharmacist before you start a new medicine.

Other medicines you should discuss with your doctor or pharmacist include other antiepileptic medicines, risperidone, lithium, hydrochlorothiazide, metformin, pioglitazone, glyburide, amitriptyline, propranolol, diltiazem, venlafaxine, flunarazine and St. John's Wort (*Hypericum perforatum*; a herbal preparation used to treat depression).

If you are not sure if any of the above applies to you, talk to your doctor or pharmacist before using topiramate.

Topiramate tablets with food and drink

You can take topiramate with or without food. Drink plenty of fluids during the day to prevent kidney stones while taking Topiramate tablets. You should avoid drinking alcohol when taking Topiramate tablets.

Pregnancy, breast-feeding and fertility

Migraine prevention:

Topiramate tablets can harm an unborn baby. You must not use topiramate tablets if you are pregnant. You must not use topiramate tablets for migraine prevention if you are a woman of childbearing potential unless you are using effective contraception. Talk to your doctor about the best kind of contraception and whether topiramate tablets is suitable for you. Before the start of treatment with topiramate tablets a pregnancy test should be performed.

Treatment of epilepsy:

If you are a woman of childbearing potential you should talk to your doctor about other possible treatments instead of topiramate tablets. If the decision is made to use topiramate tablets, you should use effective contraception. Talk to your doctor about the best kind of contraception to use while you are taking topiramate tablets. Before the start of treatment with topiramate tablets a pregnancy test should be performed.

Talk to your doctor if you wish to become pregnant.

As with other anti-epileptic medicines, there is a risk of harm to the unborn child if Topiramate is used during pregnancy. Make sure you are very careful about the risks and the benefits of using Topiramate for epilepsy during pregnancy.

- If you take topiramate tablets during pregnancy, your baby has a higher risk for birth defects, particularly, cleft lip (split in the top lip) and cleft palate (split in the roof of the mouth). Newborn boys may also have a malformation of the penis (hypospadias). These defects can develop early in pregnancy, even before you know you are pregnant.

- If you take topiramate tablets during pregnancy, your baby may be smaller than expected at birth. Talk to your doctor if you have questions about this risk during pregnancy.

- There may be other medicines to treat your condition that have a lower risk of birth defects.

- Tell your doctor straight away if you become pregnant while taking topiramate tablets. You and your doctor should decide if you will continue to take topiramate tablets while you are pregnant.

Breast-feeding

The active substance in topiramate tablets (topiramate) passes into breast milk. Effects have been seen in breastfed babies of treated mothers, including diarrhea, feeling sleepy, feeling irritable, and poor weight gain. Therefore, your doctor will discuss with you whether you abstain from breastfeeding

or whether to abstain from treatment with topiramate tablets. Your doctor will take into account the importance of the medicine to the mother and the risk for the baby.

Mothers who breastfeed while taking topiramate must tell the doctor as soon as possible if the baby experiences anything unusual.

Driving and using machines

Dizziness, tiredness, and vision problems may occur during treatment with topiramate. Do not drive or use any tools or machines without talking to your doctor first.

Topiramate tablets contain lactose.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Warning! Each bottle contains a desiccant capsule. This is a small canister on which "Do not eat" is written. Do not eat this.

3. How to take topiramate tablets

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

- Take topiramate exactly as prescribed. Your doctor will usually start you on a low dose of topiramate and slowly increase your dose until the best dose is found for you.
- Topiramate tablets are to be swallowed whole. Avoid chewing the tablets as they may leave a bitter taste.
- Topiramate can be taken before, during, or after a meal. Drink plenty of fluids during the day to prevent kidney stones while taking topiramate.

If you take more topiramate tablets than you should • See a doctor right away. Take the medicine pack with you.

- You may feel sleepy, tired, or less alert; lack coordination; have difficulty speaking or concentrating; have double or blurred vision, feel dizzy due to low blood pressure, feel depressed or agitated, or have abdominal pain, or seizures (fits).
 Overdose can happen if you are taking other medicines together with topiramate.

If you forget to take topiramate tablets

If you forget to take a dose, take it as soon as you remember it. However if it is almost time for your next dose, skip the missed dose and continue as usual. If you miss two or more doses, contact your doctor. Do not take a double dose (two doses at the same time) to make up for a forgotten dose.

If you stop taking topiramate tablets

Do not stop taking this medicine unless told to do so by your doctor. Your symptoms may return. If doctor decides to stop this medication, your dose may be decreased gradually over few days. If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Tell your doctor, or seek medical attention immediately if you have the following side effects:

Very common (may affect more than 1 in 10 people)

Depression (new or worse)

Common (may affect up to 1 in 10 people)

Seizures (fits)

Anxiety, irritability, changes in mood, confusion, disorientation

Problems with concentration, slowness of thinking, loss of memory, problems with memory (new onset, sudden change or increased severity)

Kidney stone, frequent or painful urination

Uncommon (may affect up to 1 in 100 people)

Increased acid level in the blood (may cause troubled breathing including shortness of breath, loss of appetite, nausea, vomiting, excessive tiredness, and fast or uneven heart beats)

Decreased or loss of sweating

Having thoughts of serious self-harm, trying to cause serious self-harm
 Loss of part of the field of vision

Rare (may affect up to 1 in 1,000 people)

Glaucoma – blockage of fluid in eye causing increased pressure in the eye, pain, or decreased vision.

Difficulty thinking, remembering information, or solving problems, being less alert or aware, feeling very sleepy with low energy – these symptoms may be a sign of a high level of ammonia in the blood (hyperammonemia), which can lead to a change in brain function (hyperammonemic encephalopathy).

Other side effects include the following, if they get serious, please tell your doctor or pharmacist:

Very common (may affect more than 1 in 10 people):

weight loss, tingling, pain and/or numbness of various body parts dizziness, diarrhea, nausea (feeling sick) stuffy, runny nose and sore throat sleepiness, tiredness.

Common (may affect upto 1 in 10 people)

- Anaemia (low number of red blood cells)
- Allergic reaction (such as skin rash, redness, itching, facial swelling, hives)
- Loss of appetite, decreased appetite
- Aggression, agitation, anger, abnormal behaviour
- Difficulty falling or staying asleep

- Problems with speech or speech disorder, slurred speech
- Clumsiness, or lack of coordination, feeling of unsteadiness when walking
- Decreased ability to complete routine tasks
- Decreased, loss of, or no sense of taste

- Involuntary trembling or shaking in the arms, hands or legs; rapid, uncontrollable movements of the eyes
- Visual disturbance, such as blurred vision, double vision, decreased vision, difficulty focusing
- Sensation of spinning (vertigo), ringing in the ears, ear pain
- Shortness of breath
- Cough
- Nose bleeds
- Fever, not feeling well, weakness
- Vomiting, constipation, abdominal pain or discomfort, indigestion, stomach or intestinal infection
- Dry mouth
- Hair loss
- Itching
- Joint pain or swelling, muscle spasms or twitching, muscle aches or weakness, chest pain
- Weight gain

Uncommon (may affect upto 1 in 100 people)

Decrease in platelets (blood cells that help stop bleeding), decrease in white blood cells that help to protect you against infection, decrease in potassium level in the blood
 Increase in liver enzymes, increase in eosinophils (a type of white blood cell) in the blood Swollen glands in the neck, armpit, or groin
 Increased appetite Elevated mood
 Hearing, seeing, or feeling things that are not there, severe mental disorder (psychosis)

Showing and/or feeling no emotion, unusual suspiciousness, panic attack
 Problems with reading, speech disorder, problems with handwriting Restlessness, hyperactivity

Slowed thinking, decreased wakefulness or alertness

Reduced or slow body movements, involuntary abnormal or repetitive muscle movements
 Fainting

Abnormal sense of touch; impaired sense of touch Impaired, distorted, or no sense of smell
 Unusual feeling or sensation that may precede a migraine or a certain type of seizure Dry eye, sensitivity of the eyes to light, eyelid twitching, watery eyes
 Decreased or loss of hearing, loss of hearing in one ear

Slow or irregular heartbeat, feeling your heart beating in your chest

Low blood pressure, low blood pressure upon standing (consequently, some people taking topiramate tablets may feel faint, dizzy, or may pass out when they stand up or sit up suddenly)

Flushing, feeling warm

Pancreatitis (inflammation of the pancreas)

Excessive passing of gas or wind, heartburn, abdominal fullness or bloating Bleeding gums, increased saliva, drooling, breathodour

Excessive intake of fluids, thirst Skin discolouration
 Muscle stiffness, pain in side

Blood in urine, incontinence (lack of control) of urine, urgent desire to urinate, flank or kidney pain Difficulty getting or keeping an erection, sexual dysfunction

Flu-like symptoms

Cold fingers and toes Feeling drunk

Learning disability

Rare (may affect upto 1 in 1,000 people)

- Abnormally elevated mood
- Loss of consciousness
- Blindness in one eye, temporary blindness, night blindness
- Lazy eye
- Swelling in and around the eyes
- Numbness, tingling and colour change (white, blue then red) in fingers and toes when exposed to the cold
- Inflammation of the liver, liver failure
- Stevens-Johnson syndrome, a potentially life threatening condition that may present with sores in multiple mucosal sites (such as the month, nose, and eyes), a skin rash, and blistering
- Abnormal skin odour

- Discomfort in your arms or legs
- Kidney disorder

Not known (frequency cannot be estimated from the available data)

- Maculopathy is a disease of the macula, the small spot in the retina where vision is keenest. You should call your doctor if you notice a change or decrease in your vision.
- Toxic epidermal necrosis, a life-threatening condition related to, yet more severe than, Stevens-Johnson syndrome, characterized ny widespread blistering and sloughing of the outer layers of the skin (see rare side effects).

Children

The side effects in children are generally similar to those seen in adults, but the following side effects may be more common in children than adults:

- Problems with concentration
- Increased acid level in the blood
- Having thoughts of serious self-harm
- Tiredness

- Decreased or increased appetite
- Aggression, abnormal behaviour
- Difficulty falling or staying asleep
- Feeling of unsteadiness when walking
- Not feeling well
- Decrease in potassium level in the blood
- Showing and/or feeling no emotion
- Watery eyes
- Slow or irregular heartbeat

Other side effects that may occur in children are:

Common (may affect up to 1 in 10 people)

- Sensation of spinning (vertigo)
- Vomiting
- Fever

Uncommon (may affect up to 1 in 100 people)

- Increase in eosinophils (a type of white blood cell) in the blood
- Hyperactivity
- Feeling warm
- Learning disability

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

5. How to store topiramate tablets

Keep this medicine out of sight and reach of children. Do not use this medicine after the expiry date, which is stated on the carton and bottle or blister after EXP. The expiry date refers to the last day of that month.

Do not store above 25°C. Keep the container tightly closed in order to protect from moisture.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

